

1. In an exercise system, a threaded connector, comprising:
 - a threaded elongate segment connectable to a threaded bore portion of a first modular resistive-force-supplying component of the exercise system;
 - a carabiner portion permanently affixed to said threaded elongate segment and dimensioned so as to receive and preclude unintentional disconnection from a second modular component of the exercise system.
2. The threaded connector of claim 1, wherein the first modular component comprises a threaded-bore bushing of a elastomeric tube assembly.
3. The threaded connector of claim 1, wherein the first modular component comprises a buckle including a threaded portion for receiving the threaded elongate segment.
4. The threaded connector of claim 1, wherein the second modular component is a rigid bar.
5. The threaded connector of claim 1, wherein the second modular component comprises rings attached to a limb-engaging member.
6. The threaded connector of claim 5, wherein the rings are composed of metal or fabric.
7. The threaded connector of claim 1, wherein the carabiner portion further comprises:
 - a rigid curved portion having an end;
 - a moveable arm pivotable about a pivot point with respect to said curved portion;
 - and
 - a spring mechanism disposed about the pivot point for urging the moveable arm to a normally closed position in contact with the end of the curved portion.

8. The threaded connector of claim 7, wherein the end of the curved portion includes a groove for receiving an end portion of the moveable arm.
9. The threaded connector of claim 1, wherein the carabiner portion is circular or oblong.